

**Know the Signs of Overdose**

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**Save a Life**

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***Call 911***

# 1

## Know the Signs of Overdose. Save a Life.

### Signs of opioid overdose may include:

- Person won't wake up.
- No response to yelling.
- Clammy, cool skin.
- Blue lips or fingernails.
- Shallow, slow breathing.
- Pinpoint pupils.
- Slow pulse or heart rate.
- Seizures or convulsions.
- No response to knuckles being rubbed hard on breastbone.

(Opioids include: heroin, OxyContin, methadone, morphine, Percocet, fentanyl, and Vicodin.)

# 2

## Call 911. An Overdose Is a Medical Emergency.

**An opioid overdose can cause coma and death within a short time.**

**A medication called Narcan can reverse an overdose and save a life.**

### When you call 911:

- Give the address.
- Tell them it's an overdose so they can bring Narcan or say, "My friend is not waking up."
- Stay with the person.

### While you wait for the ambulance:

- Place the person on his or her side.
- Do not induce vomiting.
- Check to see if the person is breathing.
- Check wrist for pulse.

Be able to tell the ambulance staff anything you can about the drugs the person has taken. If you cannot stay, leave a note with the information.

more  
information  
on other  
side

# 3

## Do Rescue Breathing if the person is not breathing.

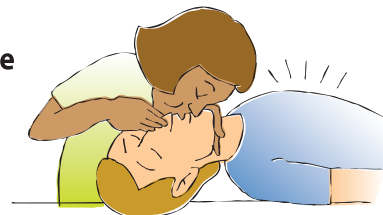
- 1** Make sure nothing is in the mouth.



- 2** Tilt head back, lift chin, pinch nose.



- 3** Breathe in mouth once every 5 seconds.



# Get Treatment. There is Hope.

**You are not alone.  
The following  
resources can help  
you find substance  
abuse treatment,  
services and  
information.**



## **Massachusetts Substance Abuse Information and Education Helpline**

- Free and confidential information and referrals to public and private treatment programs
- Health insurance may not be required
- Translation available in 140 languages

(Toll free) 1-800-327-5050

Staffed 24 hours a day, 7 days a week

**TTY: 1-617-536-5872**

**[www.helpline-online.com](http://www.helpline-online.com)**

## **Boston Public Health Commission A.H.O.P.E.**

- Recorded information on opioids and drug overdose
- Connection to statewide treatment helplines

**(Toll free) 1-800-383-2437**

## **Massachusetts Overdose Prevention Resources**

- Free and confidential training on preventing, recognizing and responding to overdose. Training includes rescue breathing and how to use Narcan.
- Nasal Narcan will be distributed in these pilot sites:

Boston

Cambridge

North Shore

New Bedford

Cape Cod

Northampton

*Other locations coming soon.*

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